

Depression among University Students in Bangladesh: A socio-Anthropological study

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Abstract: This socio-anthropological descriptive type of study was conducted to explore the level of depression and to find out the various socio-economic, academic factors which act as barriers to study among university students of Bangladesh. The aim of this study is to estimate depression among university students of Bangladesh using statistical method. This research conducted among University students. The sample size was 600, randomly selected from three Universities in capital city Dhaka. The depression of male students is more than female students. But it is a notable that, the female are more worried about their future carrier life than male students.

Keywords: Depression, University students, Male, Female.

INTRODUCTION

Depression is one of the four major diseases in the world and is the most common cause of disability from diseases [1]. The stories of depression among Bangladesh's youths usually go ignored. However, in every part of our society, we experience the horrific outcome of this social crisis [2]. Depression is the most prevalent psychiatric disorder. Many diseases and psychiatric disorder co-occur with depression and has the highest death rate.

Depression is an illness which involves body, mood and thoughts. It interrupts normal and occupational functioning of an individual [3]. Depression is a condition of feeling tragic, a genuine medicinal condition in which a man feels extremely miserable, sad, and irrelevant and frequently can't live typically [4].

LITERATURE SEARCH

Our search strategy, selection of publications, and the reporting of results for the review will be conducted in accordance with the PRISMA guidelines [5]. A report published by the Centre for Enterprise and Society (CES) has revealed that 62% of undergraduate students in Bangladesh are under extreme stress [6].

Rationale of the study

There is a huge gap and lacking on depression related study in Bangladesh. Particularly, we feel acute need of research of university level students. This study fills up this lacking and gap. Besides, the rationale of

the study is to find out the gender differences in depression among university students.

General objectives

To explore depression among university students and the reason of behind this

Specific objective

- To determine the level Of university Students both male and female
- To measure The level of depression based on gender
- To identify causes of depression of male and female university students

METHODOLOGY

The methodology for this research is both qualitative and quantitative method. The study was descriptive and survey method was used for the collection of data. The researcher took permission from these concerned universities to conduct this research.

The data was collected in 6 month, after completion of data it was statistically analyzed.

Research area

The research location is the capital of Dhaka city's three university i.e. Jagannath university, Shanta-Marioum University, Sonargaon university.

Sample

The Sample of 600 students randomly selected. There were 300 male and 300 female university students.

RESULTS

The Sample of 600 students randomly selected, following indicate that 76 % university students are depressed. On the other hand 24% students said that they have no depression.

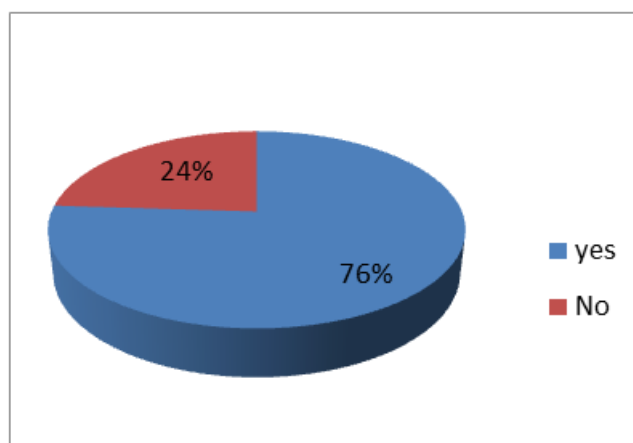


Table-1: Frequency and percentage of student's level of depression (N= 600)

Depressed	Frequency	Percentage
Minimal	186	31 %
Mild	150	25 %
Moderate	96	16 %
Extreme	66	11 %
None	102	17 %
Total	600	100%

Above mentioned results showed that most of female and male students possess minimal (31%) and

mild (25%) level of depression. Extreme (11%) depression is also seen in students.

Table-2: Frequency and percentage of Male and female student's level of depression (N= Male 300 +female 300)

Level of depression	Male		Female	
	frequency	percentage	frequency	percentage
Minimal	90	30 %	96	32 %
Mild	102	34 %	48	16 %
moderate	30	10 %	66	22 %
extreme	48	16 %	18	6 %
None	30	10 %	72	24 %
total	300	100%	300	100%

The table-2 shows both male and female students level of depression, that most of the male students have mild (34%) level of depression and minimal 30% depression case is also high. Besides extreme depression case is high level than female

students. In the context, above mentioned table also shows that most of the female students have minimal level of depression. A very poor portion (6%) has Extreme depression case indicated. But a sizeable (24%) of female have no depression.

Table-3: Frequency and percentage of Male and female student's Causes of depression

Causes	Frequency	Percentage
a. Uncertainty about future life	120	40 %
b. Drug Addiction	72	24 %
c. Breaking of love affairs	48	16 %
d. Economic reason	120	40 %
e. Others(family, Education)	30	10 %

Above mentioned table indicated that most of the male students are equally depressed for their

uncertainty future carrier and Economic related problems.

Table-4: Frequency and percentage of female student's causes fo depression

Causes	Frequency	Percentage
a. Uncertainty about future life	162	54%
b. Drug Addiction	0	0 %
c. breaking of love	36	12 %
d. Economic reasons	42	12 %
e. Others(family ,Education)	66	22 %

Above showed table indicated that most of the female students are depressed for uncertainty of future carrier life. But it is a mentionable that, the female is more worried about their future carrier life than-male students. The table also shows that there is no drug addiction case in female students.

DISCUSSION

The study was carried out 600 university students. Out of 600 students (sample), 300 were male and 300 were female. In this study, it has been revealed that 76% University students are possessed in depression. Only 24% students said that they have no depression. In this research, it has been find out that male and female students depression level are different. The male are possessed Mild (34%) level depression. On the other hand, female are possessed minimal (32%) level of depression. Extreme level of depression are also seen both male and female students. If we analyze, the causes of depression, we can find that uncertainty of future carrier life is the main of depression. In this study we find out, Female students (54%) are more worried of their future carrier life whereas male are 40%

RECOMMENDATION

Need for interventions like social and psychological support to improve the quality of life of university students. Students' Advisors or counselor should be provided. Drug is strictly banned. Besides their recreational facilities should be developed. Better Interaction with the faculty and proper guidance, advisory Services and peer counseling at the campus could do a lot to reduce the depression. Need to bring more employment opportunity.

CONCLUSION

Depression not only affects students' lives but may also Have repercussion for patient care in the long run. Jennifer Tjia, an instructor in Internal Medicine at the University of Pennsylvania School of Medicine in

Philadelphia, believes that many practicing physicians are afraid of being treated for depression [7]. High levels of depression may have a negative effect on mastery of the academic curriculum. Depression is an emotional state marked by great sadness and apprehension, feelings of worthlessness and guilt, loss of interest and pleasure in usual activities. In this context, concerned authority or institution should take necessary step to prevent depression related problem

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